

'Even Better' is the Feel-Good Book of 2024! - Yahoo



# Even Better

Easier Ways to a Happier Life

EMILY FLORENCE

Good Day Publishing

## WHAT EARLY READERS ARE SAYING ABOUT EVEN BETTER:

### **A fantastic book that's bound to make a big splash!**

**Amber B**

This is a fantastic book that's bound to make a big splash! The sections are brief, timely, relatable and the writing is superb! The author makes a genuine connection with the reader from page one and continues to deliver throughout the book. My favorite part is that the sections cover everything we go through in life and offer real, practical advice and takeaways. This will be one of those rare books I'll keep on my shelf and return to. Highly recommend!

### **Absolutely LOVE this book!**

**Jenna**

There's so much I love about this book.

1. It's an easy, fun read that you don't want to end!
2. It's inspiring and made me excited to live an 'even better' life. As someone who reads self-help & personal growth books often, I can say with certainty the advice and tools presented here are easy and brilliant!
3. It's motivational and hopeful at a time when the world can use more positivity.
4. It's beautifully written and the author writes in a way that makes you feel like you're chatting over coffee with a good friend.
5. It made me genuinely happy every time I picked it up.

This is a definite 'feel-good' book!

## WHAT EARLY READERS ARE SAYING ABOUT EVEN BETTER:

### **An inspiring step-by-step to a better life**

Grace MD

More than any other self-help or personal growth book I've read (and believe me, I've read them all!) Even Better reads like a step-by-step to a better life. The writing is beautiful, honest and relatable and the content is timely. I found it remarkable to see how much power we do in fact have to shape our own lives. This book is inspiring and enlightening and I highly recommend it.

### **Feel-good, inspiring book – a must-read!**

Sarah

Loved, loved, loved this book! Reading it feels like a conversation with your best friend or wise older sister. The author does a fantastic job of imparting lessons in a way that's inspiring and fun, never preachy. I highlighted and bookmarked my way through my first read, and I know I'll be picking it up and going back to different chapters depending on my mood. No matter what stage of life you're in, you'll find some gems to learn from and be inspired by. This book is made for anyone who wants to add more fun, joy and happiness to their life – it would be a perfect gift, or gift for yourself!

### **Effective, Efficient, Encouraging**

This book is like having an encouraging friend to turn to with wisdom and loving guidance on a variety of topics, ensuring an elixir for whatever ails you on a given day. I absolutely love the bite-sized chapters. Ms. Florence delivers depth with efficiency which is essential for my busy life. I know I'll be coming back to this book on repeat.

## WHAT EARLY READERS ARE SAYING:

### **A Motivational and Upbeat Read**

Steve B.

Even Better was the breath of fresh air and optimism I needed in my life right now! Emily is relatable and incredibly knowledgeable about how to live the good life, and the stories she shares in Even Better make anything seem possible. If you're having a hard time appreciating the goodness in your life or are struggling to go after your goals, then this is the book for you!

### **An Instant Pick-Me-Up**

Lila D.

As someone looking for a boost of inspiration, especially these days, I was thoroughly impressed with this book. I expected to receive some pointers on how to live a happier life, but I was just dazzled with the fresh ideas, practices and overall wisdom featured throughout the book - this is NOT your run-of-the-mill personal growth book! I found myself saying an enthusiastic "yes" to so many points in the book, and pleasantly surprised at how it shifted my mood for the better when reading it. The author's personal stories really helped bring home the message of stepping into your power, being your best self and creating the life you want. I walked away feeling inspired, empowered and, honestly, happier. If you're looking for a much-needed/desired instant pick-me-up, you will not be disappointed!

## WHAT EARLY READERS ARE SAYING ABOUT EVEN BETTER:

### **A refreshing perspective: A book that truly helps**

Michelle Miami

I really needed this book. As the author mentions in the introduction, life can be challenging and hard, which is exactly how I felt when I bought it. It came highly recommended by a friend, and I'm so glad I took their advice. This book wasn't just "self-help fluff"; it was filled with inspiring stories and sage advice that genuinely helped me shift my perspective and, ultimately, feel better.

I particularly appreciated how the author spoke to readers in such a relatable way, making me feel truly understood. This book has been a positive force in my life, and I highly recommend it to anyone who needs a change in perspective and wants to feel better about themselves and where they are in life.

### **Uplifting and Positive**

Lisa L.

"Even Better" offers wonderful reminders that no matter what challenges we may face in our lives we have the power to choose our responses. Through her own personal stories Emily encourages readers to embrace optimism, resilience, and gratitude and serves as an uplifting guide for anyone seeking to find more joy and happiness in their journey.

## WHAT EARLY READERS ARE SAYING ABOUT EVEN BETTER:

### **Perfect reminder of what matters in life**

Mike

This book offers awesome life tips on how to realistically assess your life situation and goals, and to be present and grateful in your situation. I've found myself folding over the chapters (all of which are perfect length at 2-3 pages) I like, and amusingly I've folded over half the book! Very readable and highly recommend!

### **A fun and inspiring read!**

Melinda

Even Better is packed with bite-sized chapters that you can devour in minutes. Each one is filled with smart advice and relatable stories that will make you feel seen, and leave you feeling empowered. Whether you're facing a big career shift or just need a midday pick-me-up, this book is sure to become your go-to for conquering anything life throws your way.

### **This book is a gem!**

Gigi NYC

Even Better is a gem! It covers everything we deal with in modern life from being too hard on ourselves and creating packed and hectic schedules, to managing relationships and our social media and technology consumption, to grieving losses and remembering to try to be good people to others. This book has something for everyone and offers tons of insight and relatable examples. Reading it will absolutely make you feel even better!

## CONTACT

To schedule an interview with Emily, request a review copy of 'Even Better' or to print an excerpt or create an article based on this important book, please contact:

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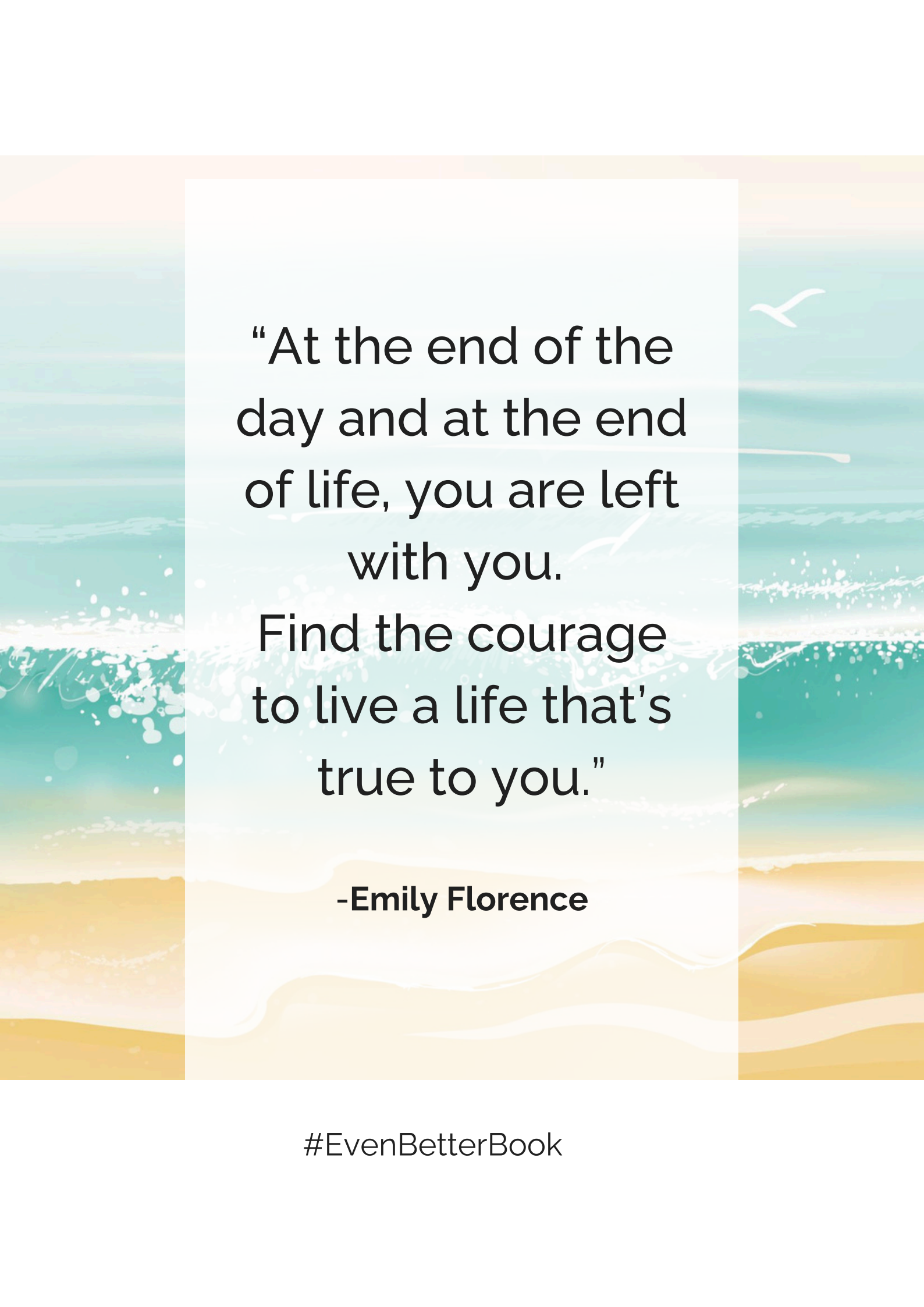


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“At the end of the  
day and at the end  
of life, you are left  
with you.

Find the courage  
to live a life that’s  
true to you.”

**-Emily Florence**

#EvenBetterBook